

Day to Care needs CAFB hearts, hands

1st Lt. Jennifer Moore
Public Affairs

For the second year in a row, Columbus AFB is one of many local organizations joining United Way of Lowndes County to celebrate its national “Day to Care” event Sept. 10.

“Even though the event doesn’t fall on Sept. 11 this year, the sentiment remains same,” said Lori Kesler, United Way executive director. “Participating in Day to Care is a great way to remember a tragic day in our nation’s history while doing something proactive to make lives better.”

Day to Care partners community volunteers with service projects that benefit United Way nonprofit organizations such as the Red Cross, Helping Hands, Boys and Girls Club, 4-H, Recovery House, Girl Scouts, Palmer Home for Children and others.

Last year, base volunteers spread out across Columbus to participate in a variety of projects including: painting, gardening, stocking food pantries, landscaping the downtown T-37 static display, riding Dial-A-Bus with elderly citizens and manicuring historic burial grounds located on base.

This year, Columbus AFB is looking for approximately 25 volunteers to spend the morning engaged in similar projects.

Specific pairing of participants with projects will be coordinated over the course of the next two weeks.

Projects begin at 7:30 a.m. and the half-day event culminates in a free volunteer appreciation lunch at First United Methodist Church, located in downtown Columbus.

Col. Stephen Wilson, 14th Flying Training Wing commander, has authorized the event as an alternate duty location for registered volunteers. Interested BLAZE Team members are encouraged to discuss desired participation with supervisors before signing up.

“I had a lot of fun last year working alongside people from the base and the local community and would encourage everyone to volunteer,” said Chaplain (Capt.) Bryan Hochhalter, 14th Flying Training Wing. “It’s an event that really brings people together for the greater good.”

Volunteers for Day to Care will be accepted starting today until all positions are filled.

To sign up or for more information, call 1st Lt. Jennifer Moore at Ext. 7065.



Airman Alexis Lloyd

TB ... or not TB?

Second Lt. Max Bassman, SUPT Class 06-08, receives a tuberculosis test from Staff Sgt. Teleetha Link, 14th Medical Operation Squadron. August is Immunization Awareness Month. BLAZE TEAM members are reminded to make sure shot records are current. For information about immunizations, call Ext. 2187.

Booklet eases transition to active-duty for families of deployed guard, reserve

Donna Miles
American Forces Press Service

WASHINGTON — Separations can be tough on any child whose parent is deployed overseas, but particularly for the estimated 500,000 sons and daughters of deployed National Guardsmen and reservists, said an expert on issues involving military families.

Many guard and reserve families lack the tight-knit support network that helps active-duty families during deployments, said Dr. Mary Keller, executive director of the Military Child Education Coalition.

This can lead to difficulty adjusting to what Dr. Keller calls their “suddenly military” status. As a result, she said, they can feel isolated and unsure of where to turn for help.

A new booklet is now available to help communities reach out to reserve and guard families during deployments. The coalition produced the booklet after repeated

requests from military-family representatives, educators and community groups, Dr. Keller said.

The 12-page brochure, “How Communities Can Support the Children and Families of Those Serving in the National Guard and Reserves,” explains the dynamics of the deployment process in easy-to-understand language. It offers tips for educators and lists military and community resources for families of deployed troops.

Dr. Keller said the brochure serves as a companion guide to another popular coalition publication, “How to Prepare Our Children and Stay Involved in Their Education During Deployment.”

Both booklets reflect the courageous spirit Dr. Keller said children of deployed troops demonstrate every day.

“Our goal is to help them through this transition in their lives and this period of separation,” she said.

The publications and more information about the coalition are posted on its Web site at www.militarychild.org.

Future NCOs begin career development

Airman 1st Class Cecilia Rodriguez
Public Affairs

A handful of potential Air Force NCOs began another chapter in their professional military education here today.

The Columbus AFB Professional Development Center opened its doors to fifteen Airmen enrolled in Airman Leadership School, a five-week course designed to prepare senior airmen and staff sergeant-selects to accept additional responsibilities in supervising their own troops as NCOs.

“Normally, we host two ALS classes a year,” said Master Sgt. Shelli Fisher, 14th Mission Support Squadron career assistance advisor. “Classes are made up of 15 Airmen from Columbus AFB, and if we can’t fill the quota, then sometimes Maxwell AFB, [Ala.], will send individuals to participate in the course.”

Because there are no ALS instructors assigned to Columbus AFB, Maxwell AFB sends two NCOs to teach the class.

“It’s more beneficial for [Maxwell AFB] to send us two instructors than for [Columbus AFB] to send 15 Airmen TDY for five weeks,” Sergeant Fisher said.

The school runs through Sept. 23, and consists of 24 academic days and 191 curriculum hours.

Lessons learned throughout ALS are categorized into three broad areas — Profession of Arms, leadership and communication. Some subject areas include: discipline, counseling, mentoring, drill, ceremony, enlisted force structure, and how to write enlisted performance reports and award packages.

“It’s important that Airmen attend ALS before becoming NCOs,” Sergeant Fisher said. “They need to understand their position in the Air Force organizational structure and the need for professional development in order to be effective in their current positions and properly mentor younger Airmen.”

For more information about ALS, call Sergeant Fisher at Ext. 7004.

Chief leadership course in its final stages

Jon Sladek
Air University Public Affairs

MAXWELL AFB, Ala. — Although the transition to chief master sergeant may not be seamless, a new course will aim at eliminating some of the obstacles newly promoted chiefs may encounter.

The Chief Master Sergeant Leadership Course, developed at the Air Force Senior NCO Academy at nearby Gunter Annex, becomes the fourth level of professional military education for enlisted Airmen. The course was an idea generated by Air Force senior leaders more than a year ago.

“This course is not a repeat of any other level of PME,” said Chief Master Sgt. David Andrews, Air Force Senior NCO Academy commandant. “For the first time, we will focus on the strategic level of leadership for enlisted personnel.”

“This course accurately reflects that there

is more growth and development to be done once a person makes chief master sergeant,” said Chief Master Sgt. of the Air Force Gerald R. Murray.

Everything the chiefs learn will deal with issues at the wing-level and above.

Starting Aug. 18, more than 46 active-duty, guard and reserve chiefs will arrive here for a workshop to assist in the final stages of development for the course. The chiefs, representing every major command, will provide feedback as subject-matter experts.

The workshop is designed to mirror the actual eight-academic-day course, which will include having the chiefs sit in the same classes future students will attend.

“Rather than bring in a bunch of new chiefs (for the first class), we asked the Air Force to send us experienced chiefs with vastly diverse work histories and career fields to attend the initial run, then assist in

perfecting the course with critiques and constructive feedback,” Chief Andrews said.

The chief said one course objective is teaching attendees how to effectively communicate with their audiences and how to deal with the media.

“These are things chiefs used to have to learn through the school of hard knocks. Now, they will be better prepared,” Chief Andrews said.

While countless people provided assistance and input for course development, none were more instrumental than those assigned to the College for Enlisted PME, Chief Andrews said. The college worked feverishly from October 2003 to June 2004 to complete lesson plans and course objectives.

The first class is tentatively scheduled for February 2005; attendees will come from the November chief’s promotion release.



Tammi Baudoin

Making the grade

The 14th Flying Training Wing congratulates the August promotees. Pictured are (from left to right, front to back): to airman: Jennifer Montalvo, 41st Flying Training Squadron; Shannon Smith, 41 FTS; to airman first class: David Daniel, 14th Operations Support Squadron; Mark Belyea, 41st FTS; to senior airman: Bernard Borowski, 14th Civil Engineer Squadron; first, last name, organization; Alfred Miller, 14th OSS; to staff sergeant: Mark Flores, 14th OSS, Aisha Thompson, 14th OSS; to master sergeant: Donald Dunnivant, 14th Flying Training Wing; to chief master sergeant: Anthony Dant, 14th FTW. Not pictured are:

To airman first class:
Denise Gutierrez, 14th FTW; Dylan Hearn, 14th OSS
To senior airman:
Aaron Burk, 14th OSS; Michael Wildt, 14th OSS

To staff sergeant:
Amy Hauser, 14th Mission Support Squadron
To technical sergeant:
Joseph Thompson, 14th CS



Share opinions on the proposed uniform at www.uniforms.hq.af.mil

NEWS BRIEFS

Women's Equality Day luncheon

The 14th Flying Training Wing hosts the 2004 Women's Equality Day luncheon at 11:30 a.m. Thursday at the Columbus Club. Dr. Claudia Limbert, president of Mississippi University for Women, is the guest speaker. For more information, call Ext. 7549.

MPF customer service closure

Military personnel flight customer service will close at noon Aug. 27 for an official squadron function. For emergency issues, call Maj. Alessandra Stokstad at 364-2616.

NCO retraining

The Air Force has announced the start of the FY 05 NCO retraining program. The program's goal is to retrain about 1,000 NCOs from Air Force Specialty Codes with overages in to AFSCs with shortages.

The voluntary phase of the program runs through Sept. 30. A complete list of retraining opportunities is available on the retraining advisory at the military personnel flight. For more information, call Senior Airman Tara Goswick at Ext. 7038.

SLA announcement

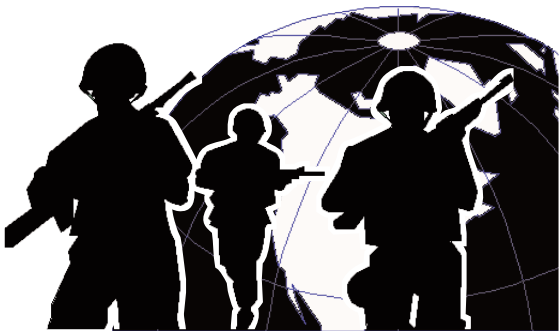
Air Force Personnel Center headquarters has received several calls regarding special leave accrual carryover for home station support personnel who may lose leave on Oct. 1, 2004. Air Force headquarters is still working the issue. Once a decision has been made, AFPC headquarters will release an official message with the details for the FY 04 program.

As a reminder, commanders and supervisors are highly encouraged to allow their personnel to use their leave during the year it is earned. For more information, call Ext. 2626.

14TH FLYING TRAINING WING DEPLOYED

As of press time, 22 BLAZE TEAM members are deployed worldwide.

Remember to support the troops and their families while they are away.



Mask liner gives Airmen second skin

Lanorris Askew

Warner Robins Air Logistics Center Public Affairs

ROBINS AFB, Ga. — A simple innovation in chemical protection gear could save thousands of Airmen's lives and millions of Air Force dollars, according to the support equipment team here.

Known as the second skin, or SS, the recent addition to the MCU-2P and the MCU-2A/P personal protective gas masks adds a literal extra layer of protection against chemical, biological and nuclear warfare agents.

"The idea is simple, but I think it'll do wonders for the masks," said Don Waddell, Warner Robins Air Logistics Center.

Made of a rubber-type material, the second skin is an overlay for the mask, which extends the time it is effective in a hostile area. Before the addition, the masks had to be discarded after exposure to chemical agents; but with the second skin, the masks may be used again by removing the skin after the decontamination process and replacing it with another.

According to the team, the price difference between the SS and a mask is astronomical, and that little piece of rubber saves the Air Force roughly \$170 per mask.

Earl Duck, an equipment specialist, said the masks are being given to Airmen who are, or could be, deployed to a hostile area.

Because of the emphasis on air and space expeditionary forces, this means almost everyone in uniform, he said.

While the actual protection levels of the masks and the second skin are classified, the masks provide wearers a high level of protection against chemicals such as blister and nerve agents with or without the skin, said Johnnie Kincaid, the program manger. The second skin however, expands that protection to the next level with additional thickness.

The Air Force's initial development of the SS was done at Brooks City-Base, Texas, but the original group to develop the SS was the Army through the Edgewood Chemical Biological Center in Edgewood, Md., for use with their M-40 masks.

Sustaining the skins and all technical responsibilities are handled through the air logistics center here. In addition,



Sue Sapp

Airmen 1st Class Kelley Deppen, 78th Civil Engineer Squadron, demonstrates a gas mask fitted with the "second skin" liner that forms the face piece of the mask.

the Defense Logistics Agency is the supply source and covers all procurement and distribution.

In the past three years, more than 314,000 masks have been fielded; and since the first quarter of 2003, when the second skins were first available, more than 500,000 have been put in storage at Wright-Patterson AFB, Ohio.

The new skins are issued as needed to people deploying to potential high-threat areas, said Laurie Beebe, an engineer. All new mobility Airmen are issued a mask, and workers here fill those new needs as well as replacements daily, she said.

Scholar program helps officers study abroad

The Olmsted Scholar Program provides a combination of at least five or six Air Force Academy, Officer Training School or ROTC graduates with the opportunity to study in a foreign language at an international university abroad.

Participants in the Olmsted Scholar Program incur an active-duty service commitment equal to three times the length of training spent in graduate study in a foreign country, effective upon completion of this assignment.

The purpose of the Olmsted

Scholar Program is to provide officers with an in-depth understanding of a foreign language and culture so they will be knowledgeable and sensitive to the viewpoints and concerns of people around the world as they progress with their Air Force careers.

The program involves cultural immersion by an officer and their family (if applicable), as well as study at the university in the native language. Officers with demonstrated leadership and scholastic abilities are encouraged to apply. Applicants

do not have to be familiar with the country's language to be eligible for study in a particular country.

The Olmsted Scholar Program-2000 brochure may be used to counsel interested officers. Additional background and descriptive data about the program can be found at the George and Carol Olmsted Foundation Web site at www.olmstedfoundation.org.

For more information, call military personnel flight customer service at Ext. 2626. *(Courtesy of the 14th Mission Support Squadron)*

Perception is everything, communication is key

Commander offers helpful hints on how to speak effectively, receive positive feedback

Col. Jim Hougas Jr.

5th Medical Group commander

MINOT AFB, N.D. — Have you ever been in a conversation where all was going well when all of the sudden, another's eyes glare at you as if you had just insulted their mother?

I had one of those "Maalox moments" while deployed to Prince Sultan AB, Saudi Arabia, a few years back.

New to the area of responsibility, in the middle of morning stand up, the wing commander noticed the "pegged fun meter" patch on my flight suit.

I was asked to remove it on the spot and sternly reminded that no one, especially one in a leadership position, should ever wear a morale drainer like that.

Offline, he explained my patch conveyed to him a malignant attitude of "if you think today is bad, don't expect it to improve anytime soon." No wonder he hit me with that laser cannon stare.

Embarrassed, I explained my genuinely intended sentiment was "Bring it on! I'm primed and eager to tackle any challenge." One patch, two diametrically opposed interpretations.

How often do you think this type of miscommunication occurs in your unit? While hopefully not as dramatic as my example, I suspect it happens more often than we realize.

Effective communication is a two-way street.

— When speaking, is your intended message getting through?

— Do you have mannerisms that detract from or confuse that intent?

— When listening, do you focus on the speaker, or are the words just going in one ear and out the other?

— Do you ask for clarification when not sure of what was just said?

— More importantly, if offended by something just said, do you take the initiative to ask that person (in a non-confrontational manner, of course) what he or she really meant, or do you just stew about what you think you heard?

Here a few tips that helped me become a more effective communicator and leader.

— Start with your own winning attitude. Be a source of "positive waves." Every day is a great day, but recognize some days are more fun than others.

— Smile genuinely. In health care, our mantra is

"Nobody cares what you know until they know that you care." A warm, engaging smile shows people you are happy to see them and ready to listen.

— Don't take yourself too seriously. Good-natured humor helps keep the shop loose, but never at another's expense.

— Address an individual by name and shake his or her hand when you can. Open, receptive body language is critical. With arms unfolded, sit or stand at his or her level, make solid eye contact and nod your understanding of what is said.

— Watch the body language of those you speak to so you're sure their perceptions and reactions mirror your intent. Address any mismatches on the spot.

Walk this talk every day, and those around you will trust you. Clear and focused multilateral communication will inspire teamwork, and your shop will hum like a finely tuned engine.

Even better, you and your Airmen will be prepared for success even on those occasional days that aren't as much fun.

Now, flash me one of your million-dollar smiles and let's get down to business. Your country is depending on you.

Col. Stephen Wilson

14th Flying Training Wing commander

SILVER WINGS

Published by the Commercial Dispatch Publishing Company, Inc., a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 14th Flying Training Wing. This commercial enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of the Silver Wings are not necessarily the official views of, or endorsed by, the U.S. government, the Department of Defense or the Department of the Air Force.

Submit all advertising to the Commercial Dispatch, advertising department, Columbus, Miss., phone 328-2427. Submit all editorial copy should to the public affairs office, Bldg.

Service Publications, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Editorial content is edited, prepared and provided by the 14th Flying Training Wing public affairs office of Columbus AFB, Miss.

All photos are U.S. Air Force photos unless otherwise stated.

Submit all advertising to the Commercial Dispatch, advertising department, Columbus, Miss., phone 328-2427. Submit all editorial copy should to the public affairs office, Bldg.

724, Columbus AFB, Miss., phone 434-7068, or e-mailed to silverwings@columbus.af.mil by 2 p.m. Friday. The Silver Wings staff reserves the right to edit or rewrite all copy submitted when necessary.

Silver Wings Editorial Staff

14th FTW commander

Col. Stephen Wilson

Chief, Public Affairs

Mr. Rick Johnson

Editor

Airmen 1st Class Cecilia Rodriguez

Key phone numbers

Base Exchange.....	434-6013
Chaplain.....	434-2500
Civil Engineer Service Desk.....	434-2856
Civilian Personnel.....	434-2635
Clinic:	
Family Practice.....	434-2172
Appointment Desk.....	434-2273
After Hours Care.....	434-2273
Columbus Club.....	434-2489
Commissary.....	434-7106
Finance.....	434-2706
Housing Maintenance.....	434-7370
Inspector General.....	434-2927
Legal Office.....	434-7030
Military Equal Opportunity.....	434-2546
Security Forces.....	434-7129
Shoppette.....	434-6026

BLAZE TEAM childcare misconceptions clarified

Laura Koene
14th Services Division

At a meeting I recently attended, it was mentioned that some parents had taken their children out of the child development center because our staff wasn't "certified." After the shock wore off, I realized many of our parents might not know about the extensive training we provide for our staff and the high standards we have compared to daycare centers off base. Of the 23 staff members, 14 of them have Child Development Credentials, associates or bachelor's degrees in early childhood education or a related field. At least 5 others have taken some college courses in the area of child development. In addition, 21 staff

members have completed a comprehensive training program, which took 18 months for each staff member to complete and involved the completion of 10 to 15 training modules. The modules provide training in positive guidance, safety, promoting creativity, environments, professionalism, health, nutrition, physical and cognitive development, promoting communication and building self-esteem. This training program is in addition to the training we require in food handling, safety and first aid, CPR, medication administration and annual child abuse prevention and detection training. Our training program is so extensive that we have a dedicated training and curriculum specialist.

The average caregiver in an off-base daycare center is a high school graduate, and receives certification in safety, first aid and CPR — nothing more. Here are some more facts about the Columbus AFB CDC you may find interesting ...

- It's the only CDC in Lowndes County that is accredited by the National Association for the Education of Young Children.
- Facilities are inspected by military public health on a monthly basis; off-base facilities may be inspected once a year.
- Fire drills and fire inspections are conducted monthly; off-base facilities inspected yearly.
- The Department of Defense conducts an annual inspection to monitor

everything from safety and health issues to staff interactions and daily activities.

- Comprehensive fire, safety and health inspections are conducted each year.
- Staff to child ratios are significantly lower than what is required by the State of Mississippi.
- All rooms and playgrounds are video-taped and monitored by closed circuit television.

Although childcare may be a little cheaper off-base in some circumstances, it's important to remember that you get exactly what you pay for. DOD child development programs set the standard for the nation, and our parents should be proud of the fact that they are getting the best.

Perfecting a treasured military courtesy

Tech. Sgt. James Brabenec
AFPC Public Affairs

RANDOLPH AFB, Texas — For most people, the salute symbolizes the honor and respect inherent in the military lifestyle. Despite its significance, I've noticed a variety of salutes during my Air Force career such as:

- The "tennis elbow" salute, delivered with the elbow low and close to the body.
- The "Capt. Hook" salute, characterized by the cup-like shape of the fingers and palm of the hand.
- The "Who goes there?" salute, which features the fingers of the right hand coming to rest somewhere over the right eyebrow; and
- The "Off we go" salute, where the right hand flies swiftly forward instead of taking its normal downward path along the gig line.

I'm not quite sure where these salutes came from, because Air Force Manual 36-2203, "Drill and Ceremonies," provides rather concise guidelines.

To correctly salute, the manual states one should raise the right hand smartly in the most direct manner while at the same time extending and joining the fingers. Keep the palm flat and facing the body. Place the thumb along the forefingers, keeping the palm flat and forming a straight line between the fingertips and elbow.

Tilt the palm slightly toward the face. Hold the upper arm horizontal, slightly forward of the body and parallel to the ground. Ensure the tip of the middle finger touches the right front corner of either the billed hat or outside corner of the right eyebrow or the front corner of glasses if no hat is worn. To complete the salute, bring the arm smoothly and smartly downward, retracing the path used to raise the arm.

Sounds easy, but how about the snap most Airmen prefer? For that I checked in with Master Sgt. Anthony Gardner, superintendent of the Randolph AFB Honor Guard. He said any movement the honor guard performs only gains its precision through practice — something they do regularly. He added that same adherence to practice would sharpen any Airman's salute.

I recall how practice played a key role in getting through saluting during basic training. We learned this maneuver, and then anxiously waited our turns to knock at the training instructor's door, march in, report and smartly salute. We all practiced quietly, reciting our report and salute prior to that moment under scrutiny. Invariably nerves set in and many failed, but over time we learned how to deliver a good salute.

Moving on to technical school, my awareness of the salute came frequently to bear during change-of-command and retirement ceremonies. Standing at attention in the hot Mississippi summer heat, we answered our group commander's call for "present arms" as hundreds of young Airmen flashed precision salutes.

I'd be a liar if I said my conduct has always been completely exemplary. While on assignment overseas, I'd follow the lead of my golfing buddies and duck under the eaves of a building to keep from saluting during the daily two-nation retreat ceremony.

However, I can say those selfish habits are in the past, and I now enjoy saluting.

Although I doubt I'll ever be as good as an honor guard member, I do know each opportunity to show respect to the flag or to Air Force officers provides me a chance to perfect my salute.

Practice your salute; it may be a courtesy that grows on you, too.

Show respect for all — respect will be returned

Jimmy Helton
14th Mission Support Group

I have been with the U.S. Air Force for 42 years; 20 years active duty and 22 years as a civilian.

"Have things changed?" Yes and no.

As a young Airman in the '60s, I was taught to respect people for what they are, not for what position they held. True, the oath you take to enter the military is to follow the orders of the officer over you, but you may or may not respect the person giving those orders.

I feel the need to talk about respect and how I believe it has changed over the years.

Respect remained constant for the 20 years I spent in the military. As a Department of Defense civilian in the '80s and '90s, I saw changes in the way young Airmen and officers interacted. The respect was not the same. Airmen answered officers with "Yea," "Yes" and "What can I do for you?" The "Sir/Ma'am" was missing.

Respect was on the down-hill slide not only in the military, but in the entire United States. To this day, I still say "Sir" or "Ma'am" to any officer, no matter their age.

This is a form of respect that was instilled in me by my father, mother and the Air Force. I do not judge officers for what they do. I respect them for what they have accomplished, no matter their rank.

Respect is not a one-way street; it takes two or more to respect each other. So be a big part of the BLAZE TEAM, show respect for all and respect will be returned.



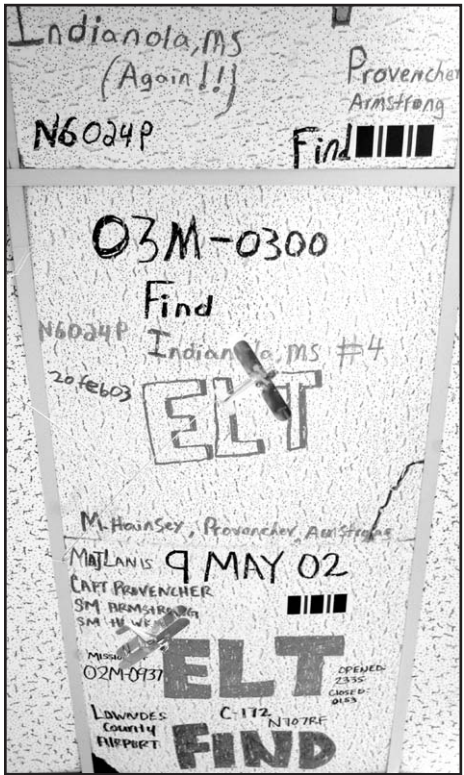
NCO protects BLAZE TEAM by day — flies planes, teaches cadets by night

Airman Alexis Lloyd
Public Affairs

The technical sergeant's green patterns of the battle dress uniform, his dark blue beret and a nine millimeter strapped to his side are in stark contrast to the crisp white pilot's shirt, gray pants, a captain's rank on the shoulder and a ready smile for everyone he meets.

However, these two identities belong to the same person.

Tech. Sgt. Brandon Enea, 14th Security Forces Squadron, is the NCOIC of police services. He is responsible for managing the flights of security forces troops, ensuring they receive the equipment they need and are in compliance with Air Force Instructions.



For every Civil Air Patrol mission, cadets design ceiling tiles stating mission objectives and outcomes.

In his off-duty time, he is called "Captain Enea" as the Civil Air Patrol's Golden Triangle Regional Composite Squadron commander. CAP is an all-volunteer organization that performs a variety of auxiliary functions for the Air Force.

"The biggest reason I am in the [CAP] is because it is a way to give back to the community," Sergeant Enea said. "We perform search and rescue missions, counter drug missions looking for marijuana fields and [methamphetamine] labs, and transfer evidence and witnesses for the district attorney and other organizations, as well as disaster relief missions."

Sergeant Enea received his pilot's license in 1987 and has been flying ever since. He is a CAP flight instructor and mission pilot and is also a Federal Aviation Administration certificated flight instructor who has taught some Air Force student pilots in getting their private pilot licenses before they can start SUPT.

"Some of their first steps in obtaining Air Force wings were taken through an enlisted cop," he said.

Sergeant Enea said that being in CAP isn't just about the flying or for pilots.

"The cadet program is one of our most important programs," Sergeant Enea said. "We train young men and women ages 12 to 21 on leadership, aerospace education and physical fitness."

Cadets' ranks are based loosely on the Air Force ranking system, he said. They take tests to advance in their cadet careers. Each cadet receives five powered flights in CAP aircraft and five glider rides.

"Captain Enea helps me understand aerospace education and leadership," said Chris Hughes, CAP cadet.

Sergeant Enea meets with the cadets at 7 p.m. Thursdays at the SAC Alert Facility.

There are a lot of bonuses for the



Photos by Airman Alexis Lloyd
Michael Crane, Civil Air Patrol cadet, receives unit patches for his CAP uniform from Tech. Sgt. Brandon Enea, 14th Security Forces Squadron and CAP commander.

cadets, Sergeant Enea said. If they reach the highest rank, which is cadet colonel, they are almost guaranteed an Academy appointment. Those reaching cadet second lieutenant can enter the Air Force as an airman first class should they choose

to enlist. CAP involvement also looks good for ROTC scholarships and college applications. "It makes me feel good that I am making an impact in the local community and the Air Force," Sergeant Enea said.

Ages 12 to 21 are invited to join the Civil Air Patrol's Golden Triangle Regional Composite Squadron. The CAP is an all-volunteer organization that performs a variety of auxiliary functions for the Air Force, such as search and rescue and disaster relief missions. The group meets at 7 p.m. Thursdays at the SAC Alert Facility. For more information, call Tech. Sgt. Brandon Enea at Ext. 7037.



Student pilots create class bus with camaraderie, safe recreation in mind



SUPT Class 05-08 uses the bus to travel together to and from class, downtown lunch appointments and social outings at the Columbus Club on Friday nights.

Right: SUPT Class 05-08 students step off of the bus for a day of class at the squadron.



Airman 1st Class Cecilia Rodriguez Public Affairs

What has a wing, four tires, steer horns, tan couch cushions and makes animal noises?

Specialized Undergraduate Pilot Training Class 05-08's mode of transportation — the students' hybrid creation specifically designed for practicality, safety and class camaraderie.

"The students came up with the idea for the bus when we met the night before pilot training started," said Capt. Andy Buita, SUPT Class 05-08 senior ranking officer. "We thought it might be a good way for us to display class cohesiveness and also prevent any drinking and driving incidents."

Shortly after they fashioned the idea, the class located a bus for sale from a used car lot in Reform, Ala. To support the effort, each student pitched in \$100.

"The project was definitely worth the money," said 2nd Lt. Kim Jones, SUPT Class 05-08 student pilot. "Working on the bus and deciding how we wanted to present it to the base and the community really brought us together as a class."

While working on a previous wing project, Captain Buita

established a working relationship with Bob Taylor, owner of Bob's Paint and Auto Body in downtown Columbus.

"[Mr. Taylor] and Tom Cooper, the body shop manager, gave us some initial pointers on getting the bus ready for paint," Captain Buita said.

The class held a "sanding party" to prepare the vehicle for its paint job, during which they also began upgrading the bus interior.

"We installed a love seat, a stereo and two distinctive horn systems," Captain Buita said. "One [system] plays sirens, music and animal sounds, while the other just goes, 'Aahhhhoogggaaa!'"

"The 'sanding party' was our first chance as a class to get together for an extended period of time, so we began bonding earlier than most classes do."

Once the bus was prepared for painting, the students talked to Mr. Cooper, and he offered his expertise and time to help them paint it at the body shop.

"We met at the shop on a Saturday," Captain Buita said. "After taping off all the windows, Mr. Cooper painted it and then helped us mount the wing on the roof, as well as the steer horns on the hood."

Class 05-08 is grateful for body shop personnel's assistance with the project.

"We couldn't have done it without the help of Mr. Taylor or Mr. Cooper," Captain Buita said. "This experience allowed our class to interact with people from the local community in the same way the base Pilot Partner program does."

Students were able to complete the project while still in phase one of pilot training. Since then, class members have been able to travel together for events such as their first day on the flightline, downtown lunch appointments and social outings at the Columbus Club on Friday nights.

The bus also plays an important role as a preventative measure for drinking and driving incidents.

"We always have a designated driver," Captain Buita said. "We are able to bring people back to the base who should not be driving late at night, even those who didn't ride downtown in the bus. This helps keep everyone safe."

But according to Captain Buita, one advantage of the bus clearly outweighs its counterparts.

"The biggest benefit is that it keeps our class together long after we have split into two flights in phase two of pilot training and after the class splits again at track select," he said. "Pilot training is a team effort, and this project guarantees that at least once a week, we'll come back together as a team with the bus."



Capt. Andy Buita and 2nd Lt. Mike Tallman, SUPT Class 05-08, enjoy the comfort of the bus loveseat.



Second Lt. Dave Zielinski, SUPT Class 05-08, rids the bus of its original paint job at the class' sanding party.

AT THE CHAPEL

Catholic

Sunday:

9:15 a.m. — Mass
5 p.m. — Confessions
5:30 p.m. — SUPT Mass

Protestant

Sunday:

9 a.m. — Sunday school
10:45 a.m.— Traditional worship
1 p.m. — Contemporary worship
Tuesday:
10:30 a.m. — Ladies Bible study
Noon — Lunch and Bible study
Wednesday:
5 p.m. — Bible study potluck
6 p.m. — Bible study, Pioneer Clubs, teen ministries

For information about other services, call the chapel at Ext. 2500.

AT THE MOVIES

All movies are shown at 7 p.m., unless otherwise noted, at the base theater.

Today

“*Anchorman*” (PG-13, sexual humor, language and comic violence, 91 min.)

Starring: Will Ferrell and Christina Applegate.

Saturday

“*King Arthur*” (PG-13, intense battle sequences, a scene of sensuality and some language, 126 min.)

Starring: Clive Owen and Ioan Gruffudd.

Aug. 27

“*Catwoman*” (PG-13, action violence and some sensuality, 104 min.)

Starring: Halle Berry and Sharon Stone.

For more information, visit www.cafbgrapevine.com.

CHANNEL 64

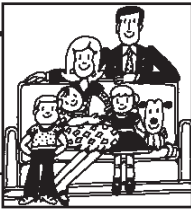
BLAZE 64 offers announcements for people living in base housing or the dormitories. For more information, call Ext. 7068.

Weekdays

9 a.m., noon and 2 p.m.

Air Force Television News

FAMILY SUPPORT



(Editor's note: All activities are offered at the family support center unless otherwise specified. For more information about any of the activities listed, call Ext. 2790.)

Sponsorship training: A workshop designed for all unit introduction monitors is at 9 a.m. Aug. 31. Training includes the importance of effective sponsorship and resources available for both sponsors and newcomers.

Employment expo prep: A workshop discussing how to prepare and effectively market oneself at an employment expo is from 9 to 10 a.m. Sept. 1.

Deals on Wheels: A workshop with information on buying and leasing vehicles is from 11 a.m. to noon Sept. 9.

Predatory Lending: A workshop explaining predatory lending, potential targets, warning signs, avoidance and assistance is from 2 to 4 p.m. Sept. 9.

Air Force Aid Society: The AFAS offers 24-hour emergency assistance. Possible aid includes interest-free loans, grants, food, utilities, car repairs and emergency travel.

Free oil change: The Air Force Aid Society's “Car Care Because We Care” program is available to Airmen enrolled in the First Term Airmen's Center and spouses of active-duty Air Force members deployed or remote for more than 30 days. Call Ext. 2855.

BASE NOTES



Housing announcement: The 14th Civil Engineer Squadron is conducting an in-house hydraulic survey Tuesday through Sept. 2, which includes flushing fire hydrants throughout the base. The water will not be shut off, and it will be safe to drink. However, base residents should run their water approximately 30 minutes before washing their clothes to prevent rust stains. Workers will be in Capitol Village Tuesday and Wednesday,

and in Magnolia Village Thursday and Aug. 27. For more information, call Nick Yearby at 364-0800

Case lot sale: A case lot sale is from 10 a.m. to 4 p.m. Sept. 3 and from 9 a.m. to 4 p.m. Sept. 4 at the commissary. Sale products include baking mixes, cookies, snacks, paper products, laundry detergent, pizzas, soups, juices, canned vegetables, cereal, granola bars, crackers and pet food. For more information, call Ext. 7109.

OSC social: The spouses from the 41st Flying Training Squadron sponsor a Columbus Officers' Spouses' club social mix at 6:30 p.m. Sept. 14 at the Columbus Club. The menu is roasted strip loin of beef. Cost is \$11.50 per person, and club members receive a \$2 discount. New members are welcome. Call Brandi Diaz at 329-1955 by noon Sept. 9.

Thrift Shop: The Thrift Shop, located at Building 345, C Street, is open from 3:30

to 6:30 p.m. Tuesdays and from 9 a.m. to 1 p.m. Thursdays. Consignments are accepted until one hour before closing. Volunteers are welcome. For more information, call Ext. 2954.

Pharmacy equipment upgrade: Due to an upgrade in pharmacy technology, patients are asked to call in refills at least two days in advance; the pharmacy is unable to accommodate same-day refills.

Customers are also asked to check in at the pharmacy after a doctor's visit or telephone consultation. Wait times will increase until the new system is in place. For more information, call Ext. 2168.

Pharmacy formulary change: As a result of a mandated change in pharmacy formularies Air Force-wide, Allegra is no longer available at the pharmacy, and patients currently taking Allegra should switch to loratadine. Other options exist for patients desiring medications no longer available at the pharmacy. For more information, call Ext. 2168.



Airman Alexis Lloyd

Finishing touches

Byron Berry and Kevin Warren, outdoor recreation assistants, attach the canopy on a Hurricane speed boat. People can rent the speedboats for \$100 a day. For more information about rental, call Ext. 2505.

Many leisure-time choices available for base families

Scrapbooking classes: The community center offers a beginners scrapbooking class from 9 a.m. to 1 p.m. Saturday. Cost is \$10 per class. Call Ext. 7450.

Boss and buddy night: The Columbus Club offers this all-ranks program every Thursday from 4 to 8 p.m. Beverage specials and 15-cent wings are available. Call Ext 2490.

Dignity Memorial Escape School: This program for ages 5 to 15 is at 4 and 6 p.m. Thursday at the community center. Participants learn methods of escape in case of a kidnapping and how to avoid abduction. Call Ext. 2504.

Stampin' up class: The community center offers this class from 7 to 9 p.m. Tuesday. Five projects are available in a variety of themes. Cost is \$15 per person. Call Ext. 7450.

Youth center membership night: Members receive free admission to this program from 6 to 7:30 p.m. Aug. 27. All others are \$1 each. Call Ext. 2504.

Family child care provider training:

This entry-level class is the first step in becoming a licensed family child care home provider. The course provides requirements for licensing and operating an FCC home. Child development, safety, nutrition, fire safety, inspection checklists and training requirements are discussed in depth. The first course is from 6 to 8:30 p.m. Aug. 31 through Sept. 2 in the child development center training office. No cost is involved. Call Ext. 3041.

Dress-up tea with Mother Goose:

Ages 4 and older are invited to tea with Mother Goose from 10 to 11:30 a.m. Aug. 28 at the community center. Children will learn manners from Mother Goose and must register by Thursday. Cost is \$10 per child. Call Ext. 7450.

Dance classes: Register now through Sept. 7 for the fall semester of dance classes at the youth center. Creative movement, ballet, tap, jazz and adult classes are offered for ages 3 and older. Classes begin Sept. 7. Cost is \$35 per month with a one-time \$10 registration fee. Call Ext. 2504.



Pam Wickham

Wayne White, 2003 artist craftsman contest winner, puts the finishing touches on a T-38 metal sculpture he created. Deadline to enter the contest is Sept. 30.

Contests offer opportunity to showcase CAFB talent

Pam Wickham

Marketing specialist

Entry deadline for the base photography and artist craftsman contests is Sept. 30.

Both contests are open to two age groups: ages 18 and older, and ages 17 and younger.

In the base photography contest, there are four groups with five categories of competition. The groups are monochrome prints, color prints, color transparencies and digital photographs.

Categories of competition are:

- ♦ Military life — Studies of experiences in the military, at work, at rest or at play.
- ♦ People — Studies of active or inactive babies, children, adults and senior citizens alone or in a group.
- ♦ Nature/scenic — Studies or scenes of animal life, plant life, wild creatures, insects, landscapes and seascapes, air and underwater life, and architectural and industrial scenes.

♦ Creative effects — Photographs created with a variety of camera, studio and darkroom techniques.

♦ Computer imaging/enhancement — Digital photographs that are retouched or enhanced with computer programs.

Photographs will be judged on photographic impact, freshness of approach, story telling, technical skill and quality.

Winning photographs will be forwarded to the Air Education and Training Command level of competition.

In the artist craftsman contest the categories of competition are:

- ♦ Fine art — Painting, drawing, sculptures in metal, clay and stone, etching and graphic design.
- ♦ Textile art — Weaving, needlework, quilting, knitting and crochet.
- ♦ Industrial art — Woodworking, wood carving, cabinetry and furniture building, plastic, fiberglass and metal works.
- ♦ Multicrafts/pattern art — Includes home decor items, arts and crafts kits, basketry, leather tooling, poured molds ceramics, stained glass and jewelry arts.

Craftsman art will be judged on freshness of approach, technical skill, composition, artistic impact and level of complexity.

Each winning entry in the artist craftsman contest will be videotaped and forwarded to the AETC level of competition.

People can submit contest entries to the skills development center. For more information about these contests, call Ext. 7836.



Pam Wickham

Daub this

Ed Slancauskas, who won \$100 playing quick shot bingo, plays another round at the bowling center. Cards are \$1 each, cash prizes range from \$5 to \$500, and games can be played anytime the center is open. Call Ext. 2426.

Dresden exhibit: During August, active-duty service-members and their dependents can visit the Glory of Baroque Dresden exhibit in Jackson, Miss., free of charge. The \$9.8 million exhibit features a 41-carat green diamond, marble and amethyst statues, Rembrandts, Vermeers, jeweled swords and armor. Call the Jackson Convention and Visitors Bureau at (800) 354-7695.

Child I.D. Program: The Starkville Police Department sponsors a Child I.D. Program from 11 a.m. to 2 p.m. Saturday at the Starkville Wal-Mart. The program includes DNA swabs, video identification and finger printing. The service is free to families and is also extended to Alzheimer patients and the mentally challenged. Call (662) 841-7700 or (662) 213-9132.

Rummage sale: The Mississippi State University Chapter of the Oktibbeha County Humane Society sponsors a rummage sale beginning at 6 a.m. Saturday near Highway 12 across from Mi Hacienda Mexican Restaurant in Starkville, Miss. Sale items include furni-

ture, electronics, clothes, lamps and more. Proceeds benefit a new animal shelter in Starkville. For more information, call (662) 312-9233.

Harness race: The Blazin’ Benefit Harness Race begins at 2 p.m. Saturday at the Mississippi Horse Park on Poorhouse Road in Starkville, Miss. There is a \$5 admission at the gate, and ages 5 and younger get in free. Concessions will be available. No alcoholic beverages are allowed. Guests are encouraged to bring lawn chairs. For more information, call (662) 325-0508.

Toastmasters: The Professional Link Toastmasters meet at noon every second and fourth Monday at Master Hosts Inns and Suites in Columbus. Participants learn to effectively develop public speaking skills. Call 328-0943.

Tennessee Williams Tribute: The Tennessee Williams Tribute and Tour of Historic Homes is Sept. 9 though Sept. 12 in downtown Columbus. Exhibits, luncheons,

book signings, plays, socials and tours are available. Some events require tickets. Call (800) 327-2686, 327-5071 or e-mail spatkaye@ccicom.net.

Community chorus: The Starkville Community Chorus rehearses at 7 p.m. Sept. 16 in the Mississippi State University choral building. All choral enthusiasts are invited. Directions to the choral building can be found on the campus map at www.msstate.edu. Call Ron Losure at 324-1995.

Online practice tests: All branches of the Columbus-Lowndes Public Library offer interactive online practice tests based on official school exams such as the ACT, SAT, GED and ASVAB, and career exams for firefighters, police officers, paramedics, postal workers, cosmetologists, real estate agents, brokers and more. Log on to www.LearningsEspressLibrary.com at the library or at home with a Columbus-Lowndes Public Library card.

For more event listings, visit www.columbus-ms.org.

Low carbs not always key to safe weight loss

Bill Goin
47th Flying Training Wing

Just when I thought I’d seen it all with low carb breads, low carb beer and low carb commercials for vodka ... I see a commercial for a carbohydrate-controlling dog food. Come on people! Now our dogs’ weight management problems are because they are getting too many bagels out of their dog food bag? In my opinion, this is like blaming a fast food company because someone is fat.

Let’s discuss for a moment the major problem with the “low carb” diet craze. Weight loss versus fat loss. Be honest with yourself. Do you want to lose weight, or do you want to lose fat?

Usually, when people say they want to lose weight, they are not referring to getting rid of lean muscle or bone loss. However, this is exactly what happens when you lose dramatic amounts of weight on a low carb diet.

The carbs that you eat help your body retain water and provide readily available energy for daily living. When your intake of any of the six essential nutrients (carbs, proteins, fats, vitamins, minerals and water) is reduced, your body does not know that you are on a diet.

Due to your reduction of necessary nutrients, it begins to try to “shut things down” that require energy. In doing this, your body begins to cannibalize its own muscle tissue (muscle requires lots of

energy to be maintained) and reduce the efficiency of your organs. In addition, because you are consuming little or no carbohydrates, your body is not able to retain its normal amounts of water.

You do the math. Loss of water and lean muscle tissue (muscle weighs more than fat) equals a pretty quick loss of body weight.

Moreover, when you quit the diet and return to poor nutritional habits, your body has retained the original body fat and now begins to add additional body .

This does not even begin to address issues such as saturated fats, bone density loss, stress on kidneys and other dangers associated with low carbohydrate diets. So, with all these possibilities, why do so many people

associate these diets with “the answer” to weight loss? I believe it is because we, as a society, look for the instant solution that requires minimal effort.

Instead of taking responsibility for the fact that we drove ourselves through the drive-thru everyday for breakfast, lunch and dinner, we find a trick or gimmick that will allow us to make minimal efforts to lose “weight.”

If you want to lose dangerous body fat, it requires balanced nutritional practices, portion control and consistent exercise. Sorry to break it to you, but it takes work and discipline.

My advice is this: If your dog is fat, take him for a run ... it would probably benefit the both of you. Low carb dog food? Gimme a break!

SHORTS

No-tap cosmic bowling

A no-tap cosmic bowling tournament is at 7 p.m. today at the bowling center. Cost is \$10 per person, and participants must sign up by 6:45 p.m. Call Ext. 2426.

Youth soccer

Children may register for the fall soccer season now through Sept. 15 at the youth center. Cost is \$25 for members of the center and \$35 for nonmembers. Coaches are also needed. Call Ext. 2504.

Karate

Karate classes are offered from 6 to 7:30 p.m.

Mondays and Wednesdays at the community center. Cost is \$45 per month. All ages are eligible to participate. Call Ext. 7450.

Judo classes

The community center offers Judo classes from 4 to 6 p.m. Thursday. Cost is \$35 per month. For more information, call Ext. 7450.

One-person golf scramble

A one-person golf scramble is Aug. 28 at Whispering Pines Golf Course. Shotgun start is at 1 p.m. Cost is \$15 plus greens fees. Call Ext. 7932.

Golf club championship

The Whispering Pines Club championship is Sept. 4 through Sept. 6. Entry is \$35 plus greens fees. Participants must register at the golf pro shop. For more information, call Ext. 7932.

Soccer camp

Columbus AFB hosts the Air Force Soccer Trial Camp Jan. 6 through Jan. 23. The deadline for completing Air Force Form 303, Request for Specialized Sports Training, is Nov. 1. All military personnel interested in participating in the camp must complete the AF Form 303 or contact the fitness center at Ext. 2772.

CAFB Autocross

Aug. 28 and Aug. 29
SAC ramp
Registration: 7:30 to 9 a.m. Aug. 28
SCCA and CAFB personnel pay \$20 for 1 day, \$35 for two days
Non-SCAA personnel pay \$25 for one day, \$45 for 2 days
All fees paid Aug. 28
Non-DOD card holders must pre-register at www.MSSCCA.org
Call Ext. 2863



Independence Pool Sports Day

The base pool hosts a sports day Aug. 29. Games begin at 2 p.m.

Families are welcome to participate in the squadron competitions or come out and show their support.

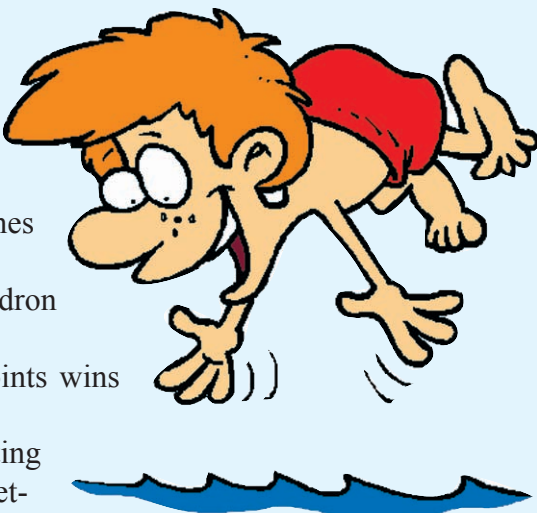
The squadron obtaining the most cumulative points wins \$500 toward its next Columbus Club function.

Squadron competitions include innertube and rafting relays, single elimination three-on-three water basketball and water volleyball tournaments and a commanders-only rubber raft obstacle course.

Children ages 8 and younger are invited to participate in a best dressed hula dancer contest.

A beverage station will be available. People receive a free hamburger or hotdog, beans and chips with the purchase of any beverage.

For more information about the sports day event, call Ext. 2507.



Bargain Line advertisement

The Bargain Line is free for all military members (including guard and reserve members), DOD civilians, military retirees, family members and contract employees.

Bargain Line advertisements must be turned in to the Silver Wings office in the 14th Flying Training Wing headquarters building by noon Monday to be included in the following week's issue. Late ads will be held over for the next issue.

Reruns must be phoned in to the Silver Wings office, 434-7068, by noon Monday for inclusion in the next week's issue. Please do not re-submit ads for rerun on this form. Advertisements should contain a home phone number, home address or both. Duty phone numbers will not appear in the ads.

Advertisements for private businesses or services providing a continuous source of income, such as baby-sitting or rental property, may not appear in the Bargain Line. They may, however, be purchased through the Silver Wings publisher, 328-2424. Please fill out this form completely. The Silver Wings staff reserves the right to edit ads as necessary.

Type of advertisement (circle one): Home Transportation Miscellaneous Yard sales Pets

Print advertisement: _____

Name: _____

Home Telephone #: _____ Duty Telephone #: _____
(in case we need more information)

Please let us know what you think of the Silver Wings:

Are you happy with the Silver Wings? Yes ☐ No ☐

What would you like to see more of in the newspaper? News ☐ Sports ☐ Photos ☐

If you would like to give any other suggestions, please e-mail us at silverwings@columbus.af.mil.